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Foot and Ankle Exercise Programme

1. Bend the foot up and down by pointing your toes down as far as possible and then pulling the toes up as far as possible.
2. Make circles in both directions by moving your foot (only) while holding the leg from the knee down as still as possible. Circle the foot in both directions.
3. Lie with the knees bent up and the heels close to the bottom on the floor or bed. Lift the bottom up approximately 30cm off the floor by pressing on the heels and hold (steady) for a few seconds before resting back down again. Rest for a few seconds before repeating.

Standing (use the crutches or a kitchen counter for support if you need)

1. Stand with both feet flat on the floor. Lean over onto the foot on one side and then back to the middle. Repeat for the other leg..
2. Raise the heels together going up onto the tippy toes and down again..
3. As if 2 above but this time lifting alternately up and down with the heels, rising on one side as the other side is lowering.
4. Lift the knees alternately as in high knee marching – lift the knees to counter height.
5. Bend both knees together and squat as far as possible keeping the heels and feet flat on the floor.
6. Hold the knee locked straight and try balancing on the affected leg / foot on its own. You do not need to lift the other leg far off the ground and can hold on with fingertips for balance only if necessary.
7. As above balance on the affected leg and throw a ball against a wall. Catch it on the rebound. Maintain or regain balance before repeating.
8. Stepping practice with each leg at a time. Keep the step length equal on either side. Step behind and to the front of the leg you are standing on.
9. Step up and down off a medium height step.
10. Stretch the calves by standing with feet flat and the big toes together and the heels apart. Step forward with the foot on the opposite side to the one being stretched (stretching the left calf means you put the right foot forward). Keeping back knee locked straight, lean forward with weight transferring to the front leg and the hips moving forward – you should not have to lean heavily on the hands. Hold the stretch for a number of seconds.
11. As in 10 above stretch the deeper calf muscles by bending the back knee as far as possible. This may not provoke much of a stretch.